



Development and assessment of the reliability and validity of natural and transverse temperament questionnaires

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Abstract:

Background and Purpose: Iranian traditional medicine based on thousands of years experience and on temperament assessment. Currently, there is no standardized method for identifying different types of temperament and traditional practitioners do this action just based on their experience. In this study, according to traditional medicine references a temperament questionnaire developed, standardized and validated.

Materials & Methods: Based on traditional medicine literature review, to determine the natural and transverse temperament a 26 and 56 item questionnaires developed, respectively. Content validity of those questionnaires was confirmed by 5 experts in traditional medicine. The reliability of questionnaires was assessed in a pilot study on 15 individuals. Cronbach's alpha and inter cluster correlation coefficient (ICC) were calculated as reliability indices. Then the questionnaires were used for assessment of 197 patients to evaluate their ease of use and efficiency.

Results: Cronbach's alpha for the natural and transverse temperament questionnaires was 0.912 and 0.852 ($p < 0.001$), respectively and inter cluster correlation coefficient (ICC) for all subtypes of transverse temperament questionnaire was above 0.9 and for natural temperament questionnaire was 100%. More than 85% of women were evaluated as Phlegm in natural temperament, while the yellow bile and black bile temperament was the most frequent ones observed in men.

Conclusion: It seems that designed questionnaires can be used easily for temperament assessment. Complementary studies on other groups of patients and comparisons with the results of interventions based on diagnosed temperament are recommended.

Keywords: Temperament, Natural Temperament, Transverse Temperament, Questionnaire Assessment.

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